

POSITIVE MINDSET – Resilience

Life doesn't get easier or more forgiving; we get stronger and more resilient. (Steve Maraboli)

Resilience is the ability to bounce back from challenges, stay positive in difficult times, and keep moving forward. It's an important quality that helps kids grow stronger with each experience. The Jan 2026 RAA A/BB/B meet welcomed our swimmers back after the Christmas – New Years holidays. Getting back into the “swim” of things was definitely a challenge at this meet. But, we know our swimmers are blessed with a Positive Resilience that will keep them moving forward in this New Year.

Here's how they did.

OUTSTANDING SWIMS

Keith Johnson (KJ) amazed his coaches (and me) by dropping time in every one of his 6 events and earning **BEST TOTAL TIME DROP**. He also qualified a **NEW BB** Time in his 100 IM.

TEAM RECORDS:

Our swimmers repeatedly demonstrate the highest level of personal performance as team records continue to be broken. The latest records to fall are:

Individual Team Records

- **Xavier Hatcher-Sifford** (15 & Over 50 Back);

NEW TIMES

More typical are the swimmers exhibiting personal excellence by moving up the time standards from C to B, or to BB, or to A, or to WAG / Age Group Champs (Spring and Summer formerly JO). These swimmers demonstrate their hard work pays off.

New BB Times

- **Keith Johnson** (11-12 100 IM);
- **Rolando Nicasio** (13-14 50 Fly)

TIME DROPS

BEST TOTAL TIME DROP was earned by **Keith Johnson** with a total (-4.68). **BEST SINGLE TIME DROP** was earned by **Jaime Phillips** for dropping (-3.79) for her 5-10 100 Free

Getting those harder to get time drops are:

Keith Johnson (-4.68); **Jaime Phillips** (-3.79); **Joy Phillips** (-2.23); **Rolando Nicasio** (-1.61); **Regina Estrada Maravilla** (-1.15); **Elijah Dailey** (-0.87); **Aaron Virgen-Caloca** (-0.81);

IMX EVENTS

Recognizing our swimmers who stepped up to the IMX Challenge events.

The events to qualify for an IM eXtreme score are:

10 & Under: 200 Free, 100 Back, 100 Breast, 100 Fly, 200 IM

11-12: 400 Free (LC) or 500 Free (SC), 100 Back, 100 Breast, 100 Fly, 200 IM

13-18: 400 Free (LC) or 500 Free (SC), 200 Back, 200 Breast, 200 Fly, 200 IM, 400 IM

IMX Challenge Achieved

These swimmers picked up the final event(s) they needed to complete all 5 events of the IMX Challenge for their age. They qualified for the IMX Certificate from USA Swimming.

- None

New IMX Swims

These swimmers added these new events to their IMX challenge for this season/age.

- *Aaron Virgen-Caloca* (15 & Over 500 Free)

AWARDS & POINTS

Our 14 swimmers brought home 30 awards. 8 1st place, 8 2nd place, 5 3rd place, 5 4th place, 2 5th place, 2 6th place. These are our 1st thru 6th place winners.

1st place

- *Jeanette Adams* (5-10 100 Breast);
- *Elijah Dailey* (5-10 100 IM);
- *Elizabeth Devine* (15 & Over 100 Fly);
- *Keith Johnson* (11-12 100 IM, 50 Breast);
- *Aaron Virgen-Caloca* (15 & Over 100 Fly, 200 IM, 500 Free)

2nd place

- *Elijah Dailey* (5-10 100 Free);
- *Charles Emery* (13-14 50 Back);
- *Regina Estrada Maravilla* (15 & Over 100 Free);
- *Xavier Hatcher-Sifford* (15 & Over 100 Fly, 100 Free, 50 Back);
- *Rolando Nicasio* (13-14 50 Fly);
- *Aaron Virgen-Caloca* (15 & Over 100 Back)

3rd Place

- *Elijah Dailey* (5-10 50 Back);
- *Keith Johnson* (11-12 100 Free, 50 Back);
- *Myla Martinez* (15 & Over 200 Breast);
- *Jaime Phillips* (5-10 100 Free)

4th Place

- *Jack Adams* (11-12 50 Fly);
- *Elijah Dailey* (5-10 50 Fly);
- *Charles Emery* (13-14 100 Free);
- *Regina Estrada Maravilla* (15 & Over 200 Breast);
- *Keith Johnson* (11-12 50 Fly)

5th Place

- ***Myla Martinez*** (15 & Over 100 Breast, 200 Free);

6th Place

- ***Rolando Nicasio*** (13-14 200 Free);
- ***David Vasquez*** (15 & Over 100 Breast)

POINTS

Our swimmers earned a total of 644 points. Taking **TOP POINTS** at this meet was ***Aaron Virgen-Caloca*** with 100 points followed closely by ***Keith Johnson*** with 99 points.

Congratulations to all our point getters.

Aaron Virgen-Caloca (100); ***Keith Johnson*** (99); ***Elijah Dailey*** (68); ***Myla Martinez*** (56); ***Charles Emery*** (54); ***Xavier Hatcher-Sifford*** (51); ***Rolando Nicasio*** (50); ***Elizabeth Devine*** (38); ***Regina Estrada Maravilla*** (32); ***Jeanette Adams*** (31); ***David Vasquez*** (25); ***Jaime Phillips*** (16); ***Jack Adams*** (15); ***Joy Phillips*** (9)

TOP 10 BEST TIMES

(All Top 10 Times can be found on the web under the Performance tab)

New Top 10

Placing their event in the **ALL TIME TOP 10 PERSONAL BEST TIMES** for the first time are:

- ***Xavier Hatcher-Sifford*** (15 & Over 50 Back);

Top 10

Updating their personal bests in the **ALL TIME TOP 10 PERSONAL BEST TIMES** are:

Elijah Dailey (5-10 100 IM); ***Regina Estrada Maravilla*** (15 & Over 200 Breast); ***Xavier Hatcher-Sifford*** (15 & Over 100 Fly); ***Keith Johnson*** (11-12 100 Free, 100 IM, 50 Back, 50 Breast, 50 Fly, 50 Free); ***Rolando Nicasio*** (13-14 50 Fly); ***Jaime Phillips*** (5-10 100 Free); ***Aaron Virgen-Caloca*** (15 & Over 500 Free)

RELAYS

We did not have any relay events at this meet.

WRAP UP

If we did all the things we are capable of we would astound ourselves. (Thomas Edison)

We prioritize teaching our athletes about resilience, helping them to develop the emotional strength to handle challenges and setbacks. We believe that resilience is not about avoiding failure, but about persevering through difficulties, becoming more confident and adaptable. By learning resilience, our swimmers can manage their emotions, stay focused on their goals, and bounce back from disappointments. Resilience also builds a positive mindset, where our swimmers can see challenges as opportunities for growth rather than obstacles. Ultimately, teaching kids resilience prepares them for a successful future, helping them navigate life's ups and downs with determination, patience, and an unwavering belief in their ability to succeed. We encourage our swimmers to realize their vast, often untapped potential for achievement.

Jan 2026 RAA A/BB/B SCY Meet Recap

GO THUNDERBOLTS

GMA Sherry